

brave



where you are

Today is a Fresh Start



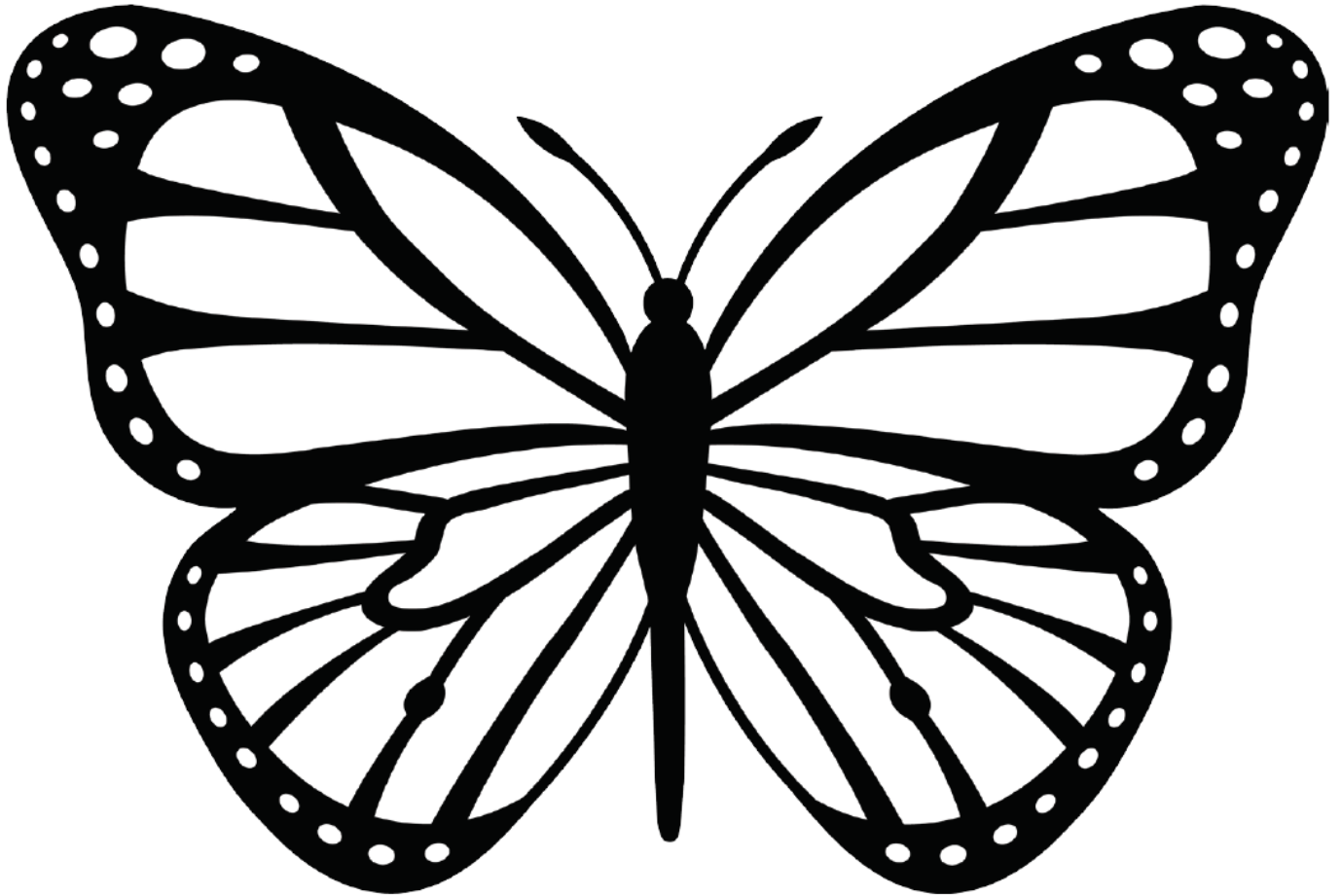
>> WE HAVE FEELINGS AND THEY ALL MATTER.

Everyone has a story. In many of those stories, there's hurt, shame, or guilt that comes from what has happened in the past. But there is good news! Those negative feelings do not have to define us. No matter what has been, we are new creations. Every day is a fresh start.

On the next page, color a picture of a butterfly. Before it was a butterfly, it was a caterpillar, which is really a dressed up worm. Then it lived in a hard shell, its cocoon. While it was in the cocoon, it changed into something totally different. It became beautiful—but it also grew wings. Able to now fly, it could help pollenate flowers and plants. The butterfly wasn't just beautiful. It was created with a purpose, and it does things that no other insect or animal can do. While you color it, spend time thinking about your purpose, and the hard things you have gone through to get where you are. You aren't who you were. Today is your fresh start.



You aren't who you were.



Today is your fresh start.

What can you do to make a fresh start today?

A series of horizontal dashed lines for writing.